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Tuesday, April 4, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

'EVERY BODY' YOGA

Jessamyn Stanley says get your asana on the mat. 24

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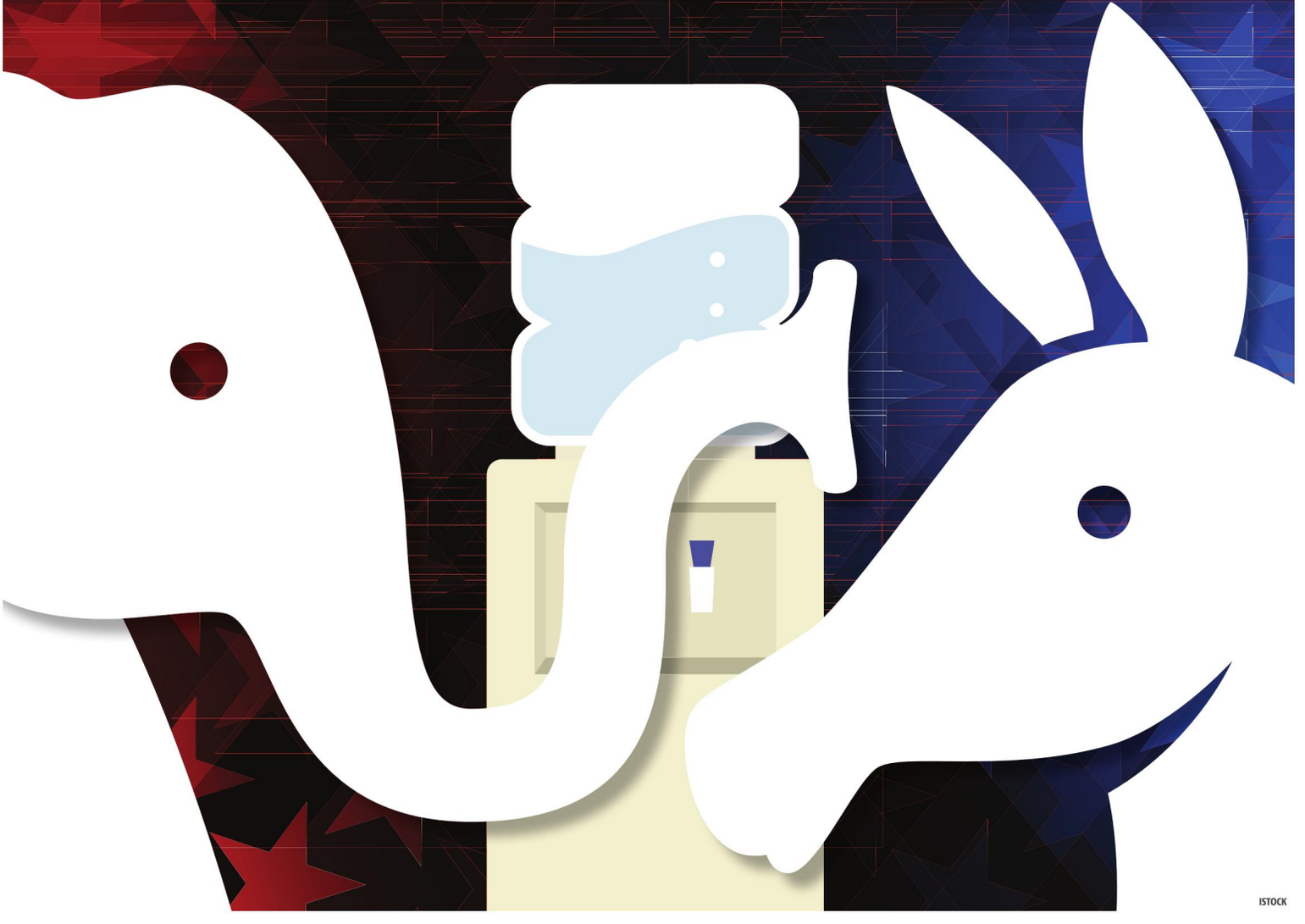
OFFICE POLITICS

Feel uncomfortable when your co-workers talk politics on the job? You're not alone. 4



ISTOCK

IMF CHIEF WARNS OF SLOWING PRODUCTIVITY

1 Living standards around the world could fall unless governments invest more in research and education that can help revive weak productivity growth, International Monetary Fund Managing Director Christine Lagarde warned. Lagarde said in a speech in Washington that the private sector alone will not be able to generate enough innovation to lift productivity to acceptable levels without

government help. Her remarks were accompanied by release of an IMF study that found that the 2008-2009 financial crisis and deep recession played a bigger role in slowing productivity than previously thought, stifling global demand and investment. **REUTERS**

US ANNOUNCES STEPS AGAINST H1B VISA FRAUD

2 The U.S. Department of Homeland Security announced steps on Monday to prevent the fraudulent use of H1B visas, used by employers to bring in specialized foreign workers temporarily, which appeared to fall short of President Donald Trump's campaign promises to overhaul the program. Trump had promised to end the lottery system for H1B visas, which gives each applicant an equal chance at 65,000 positions each year. Lobbyists for businesses who rely on H1B visas, commonly used by the tech sector, had expected Trump to upend the lottery in favor of a system that prioritized workers who are highly skilled and would be highly paid in the United States. The lottery for fiscal year 2018 opened on Monday without changes. **REUTERS**

KUSHNER FLIES INTO IRAQ WITH TOP US GENERAL

3 President Donald Trump's son-in-law, Jared Kushner, flew into Iraq with the top U.S. military officer to get a first-hand assessment of the battle against Islamic State from U.S. commanders on the ground and to meet Iraqi officials. For Kushner, who has not been to Iraq before, the trip comes at a critical time as Trump examines ways to accelerate a U.S.-led coalition campaign that U.S. and Iraqi officials say has so far been largely successful in uprooting Islamic State militants in Iraq and Syria. The visit appears to demonstrate the far-reaching portfolio of Kushner, 36, who has been given a wide range of domestic and foreign policy responsibilities, including working on a Middle East peace deal. **REUTERS**

5 THINGS YOU NEED TO KNOW

OPENING DAY

4 The Atlanta Braves and the New York Mets line up before Opening Day on Monday at Citi Field in the Flushing. **GETTY IMAGES**

ST. LOUIS BOX FACTORY EXPLOSION KILLS THREE

5 A boiler explosion at a cardboard box plant in St. Louis killed three people and injured four more, fire officials said. The blast at Loy-Lange Box Company sent part of the boiler crashing into a nearby building housing a linen laundry service, according to KTVI. Two of the injured were listed in critical condition and transported for treatment by emergency medical services, the St. Louis Fire Department said on Twitter. Two others suffered non-life-threatening injuries. One of those killed was a box factory employee, and two of the dead worked at the linen service, the St. Louis Post-Dispatch reported, citing fire officials. The Loy-Lange Box Company could not be immediately be reached for comment. The company, founded in 1897, produces corrugated cardboard boxes as well as product displays. **REUTERS**

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ERIN TIERNAN, WEB REPORTER

A pair of European university professors have published papers that argue that conservative politicians are better looking than their liberal counterparts. Should Donald Trump attribute his election victory to his comb-over? Then again, he wasn't elected on the basis of the popular vote. Check out what the academics had to say about beauty and the right wing at **metro.us/news.**

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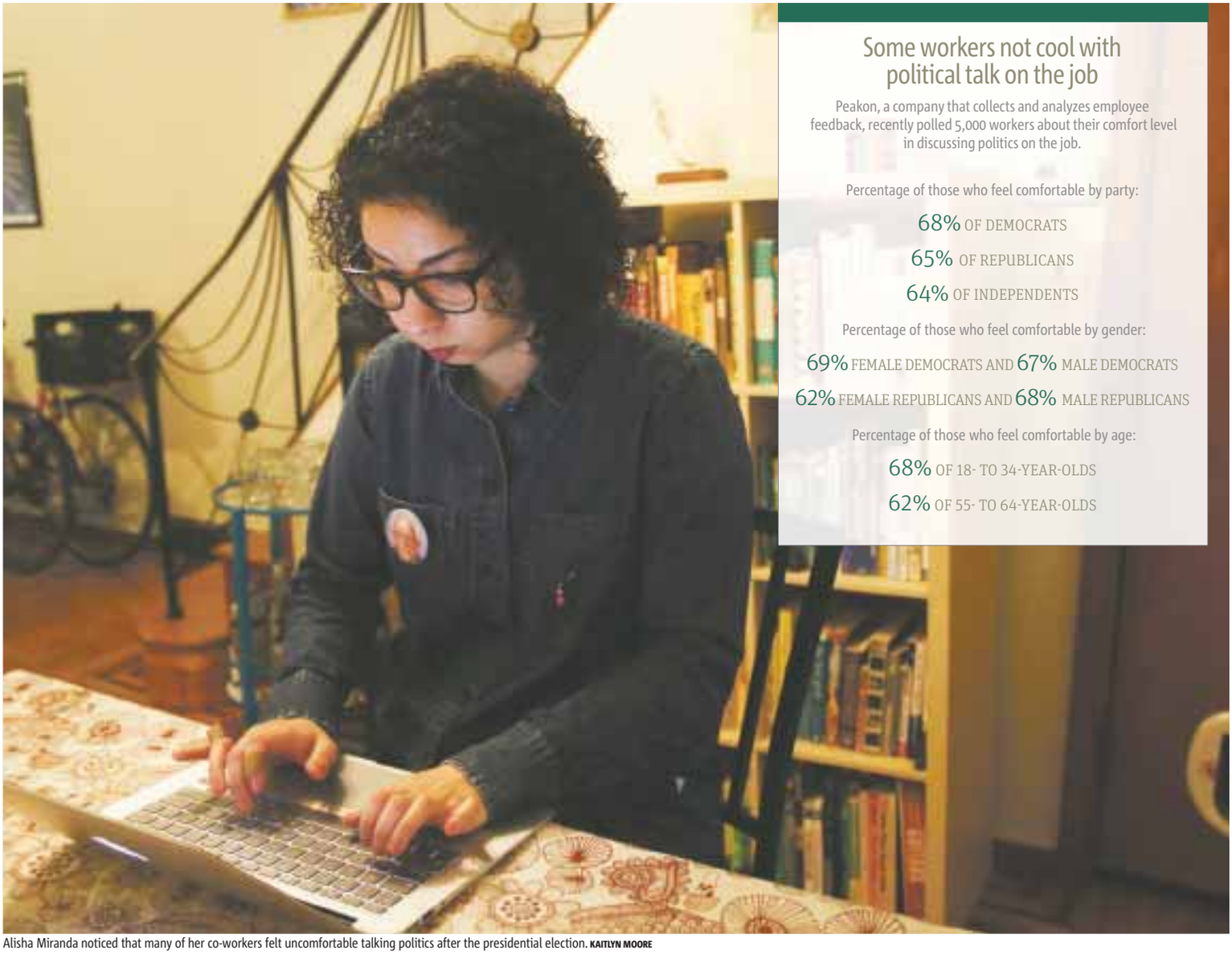

Some workers not cool with political talk on the job

Peakon, a company that collects and analyzes employee feedback, recently polled 5,000 workers about their comfort level in discussing politics on the job.

Percentage of those who feel comfortable by party:

68% OF DEMOCRATS

65% OF REPUBLICANS

64% OF INDEPENDENTS

Percentage of those who feel comfortable by gender:

69% FEMALE DEMOCRATS AND 67% MALE DEMOCRATS

62% FEMALE REPUBLICANS AND 68% MALE REPUBLICANS

Percentage of those who feel comfortable by age:

68% OF 18- TO 34-YEAR-OLDS

62% OF 55- TO 64-YEAR-OLDS

Alisha Miranda noticed that many of her co-workers felt uncomfortable talking politics after the presidential election. KAITLYN MOORE

Survey: Many workers feel uncomfortable when watercooler talk turns to politics

A recent survey shows that about one out of every three employees shirk away from political conversations at the workplace.

MADELINE PRESLAND
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When the workplace conversation turns to politics, many employees turn away, uncomfortable with engaging in a possible confrontation that has nothing to do with their job.

After the presidential election, Alisha Miranda felt extremely uncomfortable at work. She had assumed that most of her co-workers at media company Technical.ly in Philadelphia shared her political views, but then she began to have doubts.

So she started a channel in the chat platform Slack to connect with her co-workers. She found that other people were just as uncomfortable about the outcome of the election as she was.

"It was palpable in the air that people weren't happy," Miranda said. "Through conversation, people started opening up about how uncomfortable they were, and that the [company's] leadership wasn't saying anything. Before that, we had never really talked to each other about this."

More than one out of every three people who responded to a recent survey of 5,000 American workers said they felt uncomfortable talking politics with their co-workers, reported Peakon, a company that gathers and analyzes employee feedback.

Democrats are the most at ease discussing politics, while women who support President Trump are the group least comfortable, according to the survey.

> *"We have brief conversations, but definitely avoid debating. I think Republicans are trying to lay low and let things work out."*
> Pete Smith

"It's very uncomfortable," said Pete Smith, a manager at a company that makes custom uniforms. "We have brief conversations, but definitely avoid debating. I think Republicans are trying to lay low and let things work out."

Like many people, Smith is more vocal about politics on social media than he is professionally. He created a Facebook page to try to unite people in his neighborhood.

Deborah Saldaña, a personal trainer and freelance interpreter, also tries to find outlets for her political views outside of work.

"I don't think people are comfortably numb but I have to keep a tight lid on it," she said. "Even when I sympathize, I can't get too involved."

Sometimes talking about politics isn't a matter of preference, but of necessity. This can be especially true for people working in health care.

"We have to talk about the future of the Affordable Care Act," said Stacey Carmody, a clinical research coordinator at a Philadelphia hospital. "Whether people like it or not, politics does intersect with what we do."

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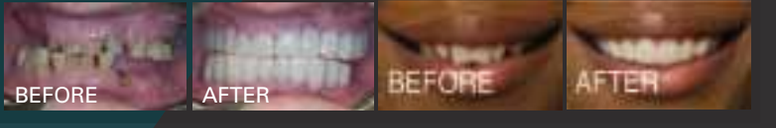

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New York City firefighters stand by near Penn Station in New York after responding to a derailment of a NJ Transit train at Penn Station. GETTY IMAGES

Train experts puzzled by broken wheels cited in two Penn Station derailments

A detached wheel is being eyed as a possible cause for Monday's crash.

AMANDA MIKELBERG
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amanda.mikelberg@metro.us

Yet another train derailment on Monday at Penn Station has experts' wheels turning about the apparent uptick in commuter train issues in the New York region recently, with four crashes occurring in six months.

At around 9 a.m. on Monday, a NJ Transit train carrying 1,200 passengers derailed at a slow speed while entering Penn Station.

Initial reports indicated that a wheel might have fallen off the train. A spokesperson for the carrier said that their investigation is ongoing and the cause hasn't been determined.

Injuries from Monday's mishap were few and minor, but the incident is strikingly similar to another one on March 24 when an Amtrak train entering Penn Station derailed at a slow speed and sideswiped an NJ Transit train, also at 9 a.m.

The March 24 derailment was blamed on a wheel malfunction that caused it to loose contact with the track.

Railroad Expert Richard Beall told Metro that the similarity between the two events — same station, same time and perhaps both caused by a wheel problem — is incredibly strange.

"A wheel falling off is about as rare an event I can think of. So two coming off in a week is like as rare as winning the lottery twice," Beall said.

"Wheels don't just fly off. They might fracture or break, but two in a week at the same place? Damn near impossible," he said.

Passenger and commuter train equipment is inspected on a daily basis, and there are more extensive checks every 92 days, he said.

The issue might be something else at the station itself, as it's the "common denominator," and could be related to the rails or the signals, he said.

Another possibility might be a faulty batch of equipment being used by multiple companies, suggested airport and railroad engineering expert Augustine Ubaldi.

"It could be the steel," Ubaldi told Metro. "It could be a bad batch of wheels got shipped. Like car tires, if they're bad, then they are bad for whatever car can fit them."

Ubaldi added that the wheel could have detached as a result of the accident and didn't cause the derailment.

"There are three things that cause train derailments: something wrong with the track, something wrong with the equipment and something wrong with the operators," Ubaldi said.

On Feb. 4, an L.I.R.R. train crashed into Atlantic Station in Brooklyn, injuring 100. The cause of that incident was linked to the driver's sleep apnea.

And on Sept. 29, 2016, a NJ Transit train killed one person and seriously injured dozens more when the it crashed into the Hoboken Station. That incident was also attributed to the engineer's undiagnosed sleep disorder.

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Roger Ailes walks with his wife Elizabeth Tilson on July 19, 2016, as they leave the News Corp. building. GETTY IMAGES

Fox News, Ailes face another sexual harassment lawsuit

Ailes' lawyer calls the claims "total hogwash."

A Democratic political consultant and Fox News contributor on Monday sued the network and its former chairman, Roger Ailes, accusing them of denying her a permanent hosting job after rebuffing Ailes' sexual advances.

Julie Roginsky also said in her lawsuit filed in New York State Supreme Court that a misogynistic culture at Fox News, a unit of 21st Century Fox Inc., had not changed since Ailes resigned last year in the wake of a separate sexual harassment lawsuit by former anchor Gretchen Carlson.

Roginsky, 43, has appeared regularly on Fox News programs since 2011 and writes a column for the network's website.

Susan Estrich, a lawyer for Ailes, said in a statement that Roginsky's claims were "total hogwash."

"This is about someone who wants to pile on in a massive character assassination in order to achieve what she did not accomplish on the merits," Estrich said.

Fox did not immediately respond to a request for comment.

Roginsky's action follows other allegations, including at least two separate lawsuits, against Fox News and Ailes by women who claimed they were sexually harassed by the 76-year-old founder of the network.

In the lawsuit, Roginsky said Ailes in early 2015 told her he was considering her for a full-time slot on "The Five," a highly-rated talk show featuring a rotating panel of guests. But the job never materialized, and she lost her spot as a contributor on the show after she declined his advances, she said.

Roginsky also said she has had less time on air since then, and it has damaged her career.

She also sued Bill Shine, the co-president of Fox, claiming he failed to investigate her claims after they met to discuss Ailes' conduct. Roginsky is seeking unspecified damages under a city law that prohibits discrimination, harassment and retaliation.

Fox last year agreed to pay $20 million to settle Carlson's claims that her contract was not renewed because she rebuffed Ailes.

A separate sexual harassment lawsuit filed last year by former Fox News anchor Andrea Tantaros was sent to private arbitration.

The New York Times on Saturday reported that Fox had paid out at least $13 million to five women to settle claims that they were sexually harassed by anchor Bill O'Reilly, who has denied the claims.

The Times has also reported that Fox News is the subject of a federal grand jury investigation, potentially involving secret settlements paid over allegations of sexual harassment.

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"This is about someone who wants to pile on in a massive character assassination in order to achieve what she did not accomplish on the merits."

Susan Estrich

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Man convicted of murdering NYPD officer sentenced to life in prison

An East Harlem man was sentenced Monday to life in prison for gunning down a police officer in 2015, a case that angered city officials because the killer was on the streets and should have been jailed on a drug charge.

Tyrone Howard, 32, was convicted of first-degree murder by a Manhattan Supreme Court jury for firing a single shot into Officer Randolph Holder's temple in East Harlem in October 2015.

"The shooting of a New York City police officer is in many ways an attack on the entire community," Judge Michael Obus said before sentencing Howard, whom he described as an "extremely dangerous individual."

Dozens of police officers attended the sentencing. They stood and applauded as Howard was led out of the courtroom in handcuffs.

Tyrone Howard appears in court following a guilty plea in a drug charge in Manhattan Supreme Court on Nov. 12, 2015. GETTY IMAGES

"Rot in hell!" screamed a relative of Holder as Howard left the courtroom.

Howard had shot repeatedly into a crowd of people on a street, then stole a bicycle at gunpoint. He ran into Holder and his partner, who were responding to the report of the shooting, and then shot Holder to death.

In addition to the murder charge, Howard was convicted of aggravated murder and robbery.

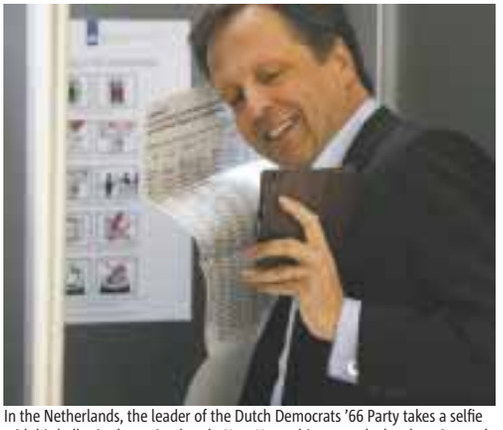
Before the shooting, Howard had been sentenced to receive treatment as part of a plea bargain for selling crack cocaine. His sentence in that case was changed to 12 years in prison after the killing.

Mayor Bill de Blasio and then Police Commissioner William Bratton sharply criticized the outcome of the earlier case after Holder's shooting. They suggested that two state judges erred in allowing Howard to remain on the streets after a history of drug offenses.

Howard, who failed to complete his treatment, was wanted in connection with a gang-related shooting at the time of Holder's death.

REUTERS

Top court won't revive New Hampshire ballot 'selfie' ban



In the Netherlands, the leader of the Dutch Democrats '66 Party takes a selfie with his ballot in the voting booth. New Hampshire passed a law banning such photos. GETTY IMAGES

The Supreme Court on Monday rejected New Hampshire's bid to revive a state law barring voters from taking "selfie" photos with their ballots during elections.

A lower court had struck down the state's ban as a violation of free speech rights.

New Hampshire banned such selfies in 2014, saying the photos could set the stage for a return of the kind of vote-buying or voter intimidation that was rampant in the 19th century.

The Supreme Court declined to hear the state's appeal of a ruling by the Boston-based 1st U.S. Circuit Court of Appeals last September that the law ran afoul of the First Amendment. The state cannot curtail speech based on a hypothetical danger, the appeals court stated.

Ballot selfies have become a popular way for voters to show support for favored candidates through postings on social media platforms such as Twitter, Facebook and Snapchat.

Three New Hampshire residents who were under investigation for violating the law, including a man who wrote in the name of his dog to express dismay at his choices in the 2014 Republican primary for the Senate, sued the state that year claiming the measure violated the First Amendment.

The 1st Circuit agreed last year, noting that New Hampshire had no complaints of vote-buying or evidence that people were being coerced to vote a certain way.

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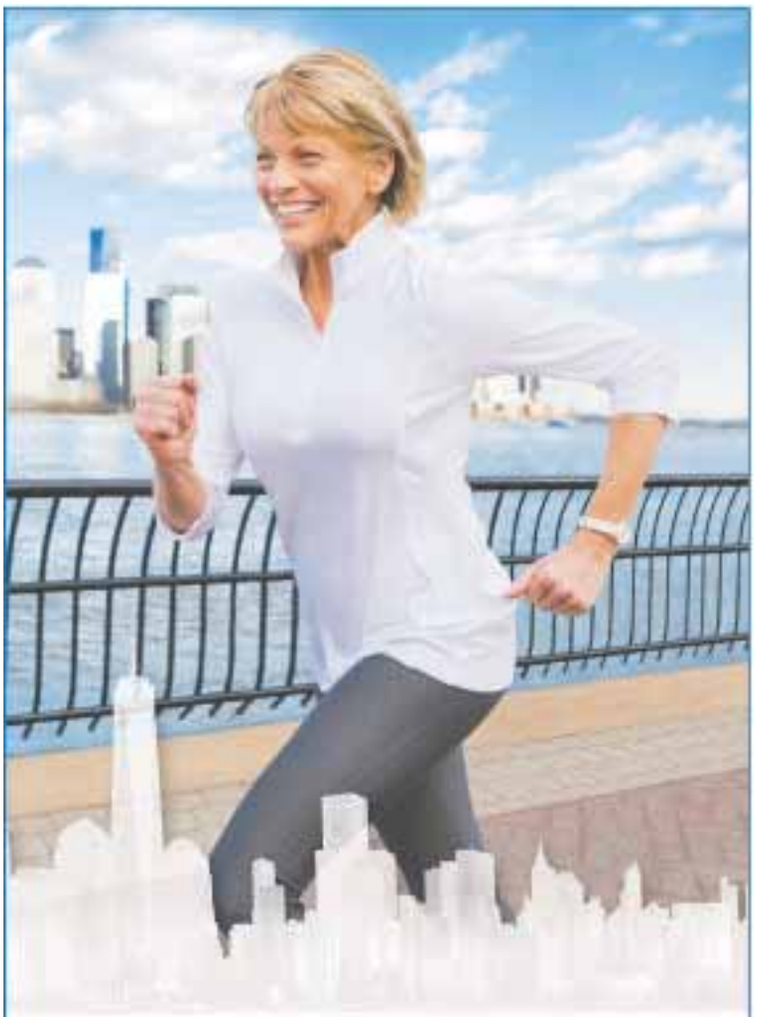

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

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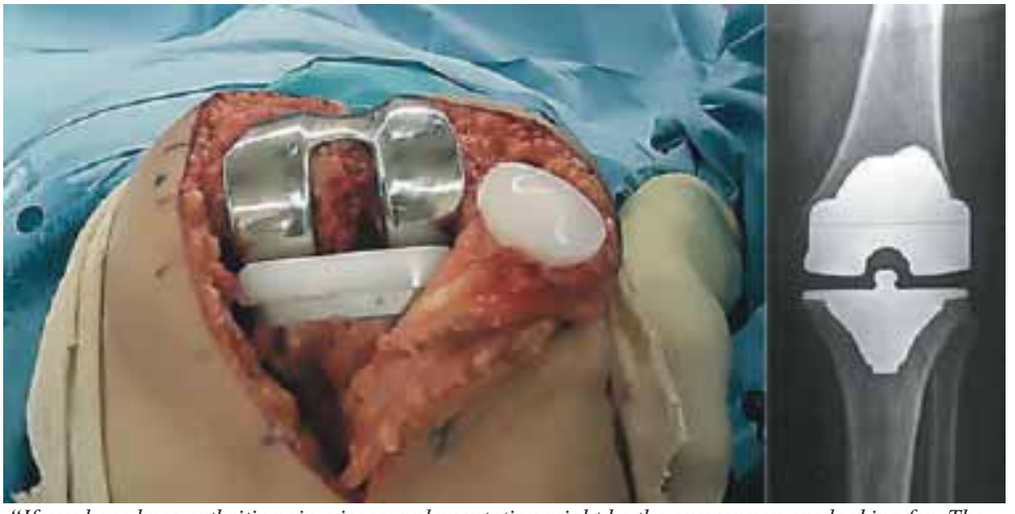
The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you

Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

Advanced Medical Technology Can Make All The Difference: **This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.**

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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**EZ payment plans and financing also available*

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 8 0 0 8 8 5 K N E E (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-885-KNEE (5633)

New York, other states take on Trump over energy efficiency

The challenge, also joined by environmental groups, came after the U.S. Department of Energy last month delayed standards proposed under the Obama administration to reduce air pollution.

A coalition of U.S. states has mounted a broad legal challenge against what it called the Trump administration's illegal suspension of rules to improve the energy efficiency of ceiling fans, portable air conditioners and other products.

Ten Democratic attorneys general, plus New York City and a Pennsylvania regulator, on Monday notified Energy Secretary Rick Perry of their plan to sue in 60 days for stalling proposed standards for air compressors, commercial boilers, portable air conditioners, power supplies, and walk-in coolers and freezers.

The same group, excluding Maryland, on Friday petitioned the federal appeals court in New York to force the administration to implement ceiling fan efficiency standards that were to have taken effect two weeks ago, but have been delayed to Sept. 30.

Implementation was delayed after White House Chief of Staff Reince Priebus on Jan. 20 directed federal agencies to put new regulations on hold until their new leaders could review them. The Obama administration issued a similar directive in 2009.

The Energy Department said it does not comment on pending litigation.

White House Chief of Staff Reince Priebus GETTY IMAGES

New York Attorney General Eric Schneiderman said adopting the "common-sense" efficiency standards would dramatically reduce air pollution, including from carbon dioxide, mercury and methane.

He said enough electricity would be saved to serve 36 million households annually, and save consumers and businesses close to $24 billion.

"Leaving the final rules in regulatory 'limbo' has very real, negative economic and environmental consequences, essentially frustrating Congress' energy conservation goals," the states said in their letter to Perry.

The letter was signed by officials of California, Connecticut, Illinois, Maine, Maryland, Massachusetts, New York, Oregon, Vermont, Washington, New York City and the Pennsylvania Department of Environmental Protection.

The Consumer Federation of America, the Natural Resources Defense Council and the Sierra Club on Monday sent Perry a similar letter threatening litigation.

Both letters accused the Energy Department of ignoring its obligation under federal law to publish final efficiency rules in the Federal Register.

In notices published last month, the Energy Department said Perry had only begun his job on March 3 and needed more time to conduct "further review and consideration of new regulations." REUTERS

POLITICS

Democrats amass support to force showdown over Trump Supreme Court pick

Democrats on Monday corralled enough support to hold up a Senate confirmation vote on President Donald Trump's Supreme Court nominee but Republicans threatened to change the Senate rules to ensure conservative judge Neil Gorsuch gets the lifetime job.

The Senate Judiciary Committee voted 11-9 along party lines to send Gorsuch's nomination to the full Senate, setting up a political showdown this week between Trump's fellow Republicans and the opposition Democrats that appears likely to trigger a change in long-standing Senate rules to allow his confirmation.

Democrats, portraying Gorsuch as so conservative he is outside the judicial mainstream, have amassed 42 senators in support of a procedural hurdle called a filibuster requiring a super-majority of 60 votes in the Republican-led, 100-seat Senate to allow a confirmation vote. Even before the panel voted, committee member Christopher Coons put the Democrats over the threshold as the 41st senator backing the filibuster bid. REUTERS

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1 bedroom		$895	23	➡	1 person	$32,057- $38,100
					2 people	$32,057 - $43,500
2 bedroom		$1082	11	➡	2 people	$38,503 - $43,500
					3 people	$38,503 - $48,960
					4 people	$38,503- $54,360

[1] Rent includes gas for cooking.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Fifth Avenue Committee-621 Degraw Street, Brooklyn, NY 11217**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 19, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Fifth Avenue Committee 621 Degraw Street, Brooklyn NY 11217** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 17 de mayo 2017

简体中文 访问 nyc.gov/housingconnect 在线申请，如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至**Fifth Avenue Committee 621 Degraw Street Brooklyn, NY 11217** 信封背面请用英语注明 "CHINESE"，必须在以下日期之前在线提交申请或邮寄书面申请2017年5月17 日。

Русский Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Fifth Avenue Committee 621 Degraw Street, Brooklyn, NY 11217**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 17 май 2017

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العربية تقدم بطلب عن طريق الانترنت على الموقع الالكتروني nyc.gov/housingconnect للحصول على ترجمة باللغة العربية لهذا الاعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى**Fifth Avenue Committee 621 Degraw Street, Brooklyn NY 11217** [على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC"، يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل17 مايو، 2017

Mayor Bill de Blasio • **HPD** Commissioner Maria Torres- Springer

NUCLEAR JUSTICE

TOM FOREMAN
Opinion

Crawl into your fallout shelter, or duck and cover, or wrap your head in aluminum foil because the fight over the new Supreme Court nominee, Neil Gorsuch, is almost certainly going nuclear.

Democrats are hellbent on blocking his confirmation with a filibuster, and Republicans don't have the 60 votes they need to stop that maneuver. As a result, the GOPers are expected to unleash the so-called "nuclear option" — changing the rules that have required a "super majority" of 60 votes to confirm so they can use their "simple" majority to push him through. And Bob's-your-uncle, by next weekend Gorsuch will likely be getting measured for a new black robe.

Democrats insist their opposition is all about Gorsuch's conservative politics. They complain he evaded questions about labor law, abortion, women's rights, and why we can't call it the "Super Supreme Court with Extra Cheese!" But there is more to it. Part of their fury is rooted in the previous nominee, Merrick Garland. He was President Obama's pick and the Republicans, who seem so eager for a straight vote now, never even let his name get to the floor.

Which, as you might imagine, pissed off Democrats. And some have wanted to settle the score ever since.

But Republicans have wanted a reckoning too. Back in 2013 when they opposed some of President Obama's picks for offices, the Dems used their majority in the Senate to change the rules — go nuclear — and ram those choices through. Sure, the Dems point out, those weren't Supreme Court picks. But the Repubs didn't like it anyway.

Which is all a roundabout way of saying this vote is about a lot of things beyond the Supreme Court.

It's about the Democrats getting a reprieve after four years of Republicans carping over 2013. It's about Republicans getting the nominee they wanted firmly settled into a cushy chair alongside the other justices. And it's about Americans once again getting the message: As much as many of us may want sane, grownup, rational debates and decisions about our laws, our government, and our courts, those things are hard to come by in a town where partisan fingers are poised on every trigger.

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House Republican tax chief to huddle with Democrats

The Texas Republican spearheading tax reform efforts in the U.S. House of Representatives will meet with Democrats to discuss policy ideas, as Republicans try to secure a victory for President Donald Trump after his healthcare bill's failure.

House Ways and Means Committee Chair Kevin Brady said the meeting with his panel's 16 Democratic members will focus on ways to simplify the U.S. tax code for individuals and stop U.S. companies from moving production and research facilities overseas — both key House Republican tax reform objectives.

"At the end of the day, I don't want to make a prediction as to where that goes. But I think this engagement's important," Brady told reporters on Monday. "I'd love to have them bring their ideas on how we leapfrog America back into the lead as the most competitive place on earth for that new business."

Kevin Brady GETTY IMAGES

The meeting is expected to take place on Wednesday, according to House aides.

A spokesman for Ways and Means Democrats had no immediate comment.

Brady said the meeting has nothing to do with the health care debacle on March 24, when the Republican-controlled House pulled legislation to repeal and replace the healthcare law known as Obamacare when it became clear that Republicans would fall short of the votes needed. Trump blamed the failure on hardline Republican conservatives who opposed the bill and threatened to reach out to Democrats.

But the Trump administration has signaled an interest in finding bipartisan support for tax reform legislation, billed as the first comprehensive overhaul of the U.S. tax code since 1986.

The White House has also shown signs of moving away from the House tax reform blueprint backed by Brady and House Speaker Paul Ryan, informing Republican lawmakers on March 16 that all options were on the table.

The House blueprint, which Democrats oppose, calls for sweeping changes and tax cuts that would mainly benefit the wealthy. But it has divided the business community and Republicans over a border adjustment tax provision that would impose a 20 percent tax on imports while exempting export revenues from tax. REUTERS

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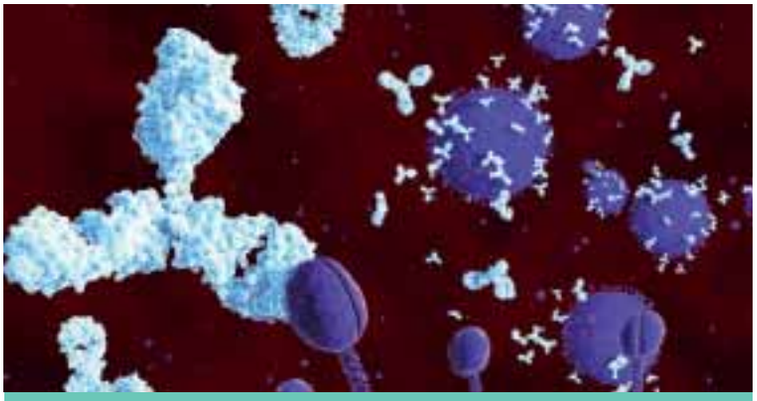

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Blast in Russia metro train station kills 10

Ten people were killed and more than 20 were injured when an explosion tore through a train carriage in a St. Petersburg metro tunnel on Monday in what authorities called a probable terrorist attack

Russian news media said police were searching for a man recorded on surveillance cameras who was thought to have been involved in the attack, which coincided with a visit to the city by President Vladimir Putin.

Private television station Ren TV broadcast grainy pictures, it said were captured by a camera on board a metro train of a middle-aged man with a beard, a long black coat and black hat.

Closed-circuit footage from a few minutes later showed him outside the station hit by the blast, looking at his telephone.

A picture shows the damaged train carriage at Technological Institute metro station in St. Petersburg on Monday. GETTY IMAGES

Russia has been the target in the past of numerous bomb attacks, frequently targeting public transport. Most were blamed on Islamist rebels from Russia's North Caucasus region. The rebellion there has been largely crushed, but security experts say Russia's military intervention in Syria has made Russia a potential target for Islamic State attacks.

There was no immediate claim of responsibility.

Soon after the blast happened at 2:40 p.m., ambulances and fire engines descended on the concrete-and-glass Sennaya Ploshchad station. One helicopter hovered overhead, then landed on a broad avenue to take away an injured passenger.

"I saw a lot of smoke, a crowd making its way to the escalators, people with blood and other people's insides on their clothes, bloody faces," St Petersburg resident Leonid Chaika, who said he was at the station where the blast happened, told Reuters by phone. "Many were crying."

Interfax news agency cited unnamed sources as saying the bomb, packed with shrapnel, may have been hidden in a train carriage inside a briefcase. The National Anti-Terrorist Committee said an explosive device had been found at another station, hidden in a fire extinguisher, but had been defused.

The blast raised security fears beyond Russian frontiers. France, which has itself suffered a series of attacks, announced additional security measures in Paris.

Video from the scene showed injured people lying bleeding on a platform, some being treated by emergency services and fellow passengers. Others ran away from the platform amid clouds of smoke, some screaming or holding their hands to their faces.

A huge hole was blasted in the side of a carriage and the door blown off, with metal wreckage strewn across the platform. Passengers were seen hammering at the windows of one closed carriage after the train had pulled into the station.

Russian TV said many had suffered lacerations from glass shards and metal, the force of the explosion maximized by the confines of the carriage and the tunnel.

Anna Sventik, a St Petersburg resident, was traveling on a metro train that passed through the same station moments after the blast. REUTERS

"Our train slowed down a bit, and one woman started having hysterics when she saw the people lying on the platform, blackened, in some places with no clothes, burned."

Anna Sventik

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It's not Alec Baldwin's fault he called his daughter a pig

Alec Baldwin doesn't get it.

The 59-year-old, who has been permanently blinded by his privilege, says his notorious 2007 leaked voicemail to daughter Ireland Baldwin has done permanent damage to their relationship. Not him, mind you.

In the leaked message, Baldwin called his then 11-year-old daughter a "rude, thoughtless little pig," which is decidedly unchill. But according to Us Weekly, it's the fact that people — aka the media — still bring it up that has hurt his babygirl. "It's a scab that never heals 'cause it's being picked at all the time by other people," he said, with no hint of irony. "My daughter, that's hurt her in a personal way." Oh gosh. I would laugh if this wasn't just a Shakespeare-inspired tragedy.

And that's it for today's edition of "Grown men who refuse to take responsibility for their actions." Hope you enjoyed it!

Kim Kardashian considers surrogacy

On Sunday night, Kim Kardashian revealed that expanding her family won't be easy. In fact, the reality star is considering surrogacy for her third child.

According to People, the 36-year-old underwent a procedure to help her carry another baby, but there were complications. Doctors told Kardashian that carrying another child would be dangerous.

"Not only has this been really painful, but now hearing that I can't carry any more kids, it couldn't get any worse," she said. "I always knew surrogacy was an option," she continued. "Now it's my reality."

Bravo for her candor. The more women speak out about this kind of thing, the more women can understand that it's a pretty common issue that arises. And that yeah, there can be struggles, but there can be hope, too.

Is Elton John just Ed Sheeran from the future?

Page Six has a little story about how Elton John wants nothing but the best for Ed Sheeran, and the singers' physical resemblance is frighteningly uncanny. It makes me wonder: Are they actually the same person?

A majority of John's advice to the younger singer sounds like something you'd tell your younger self, which basically proves my point.

First, Elton John told his younger self that he really ought to take a break. You know, cool his jets. "He was so omnipresent, I said 'Ed, even I'm sick of you. Go away.' And he did."

Then, Future Ed Sheeran told Young Ed Sheeran that he really ought to watch his weight. "One thing I said to him, I said, 'Don't put on weight,' because he's very prone to put on weight, like I am." Duh, because you're the same person.

And then the Elder Self came back with a compliment, because when it all comes down, it's all about self-care, and making yourself feel good. "He just went away and had a great time. And it was the most brilliant thing he could have done, because it refreshes the soul."

So yeah. One of them is a time-traveling wizard trying to change the course of the present through a relationship with himself. It's 2017! Things like this are bound to happen.

ALL PHOTOS GETTY IMAGES

the word

RACHAEL CLEMMONS
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Rupert Sanders blames KStew affair on "art"

Rupert Sanders directed "Ghost in the Shell," starring Scarlett Johansson in a whitewashed role we will soon forget. And you know how the promotion trail goes — give 'em something juicy in the hopes that a small controversy will get people interested in seeing your movie.

Sanders knows this. After all, he is most famous for directing Kristen Stewart in "Snow White and the Huntsman" then later making out with the actress — a woman 20 or so years his junior — in the back of her mom's Mini Cooper. And surely, he remembers his wife of 11 years divorcing him afterward. Armed with this knowledge, which of the following do you think he did?

A. **Had a genuine conversation about the whitewashing controversy, and owned up to his part in the debacle.**

B. **Whitesplained his way around the plot of "Ghost in the Shell," crediting Scarlett Johansson for her stunning performance and also her grace and composure through her nasty divorce.**

C. **Mansplained his 2011 affair with Kristen Stewart, and said that the affair was simply a "byproduct of making art."**

Ding ding ding! The answer is C. What a man!

According to Perez Hilton, Sanders, 46, refuses to let what he calls a "momentary lapse" define his character. "Everybody makes mistakes," he said. "Around every corner there's something unexpected, and that's life."

Sanders is right in that everyone makes mistakes. But usually, by the time you're an adult, you own up to them. He should try it sometime!

Chris Evans tap dances, talks Jenny Slate

Chris Evans, extant Captain America and arguably the most charming dude-bro who ever lived, is making headlines this week for showing off his tap dancing skills on "Ellen." Which is all well and good — but I think we're all more interested in what he has to say about ex-girlfriend Jenny Slate.

The actor spoke with People and called Jenny Slate the following, ordered in increasing amount of heartwarmingness that will make you question all of your romantic decisions to date.

"She's the best."

"She's incredibly compassionate."

"She's my favorite human."

"It's like an art form talking with her."

"There's just nothing to not love about her."

"I've never ever met someone in my life who has a mastery of the English language the way she does."

Yeah, I think the last one is the most romantic. Who doesn't love a man who appreciates basic adherence to the style and principles of the English language?

Evans and Slate, both 35, met while filming the movie "Gifted," which is why Evans is tap dancing around in the first place. They broke up because ultimately, they were too different.

How to direct your own mom

Charlie McDowell talks about making "The Discovery" with some legends, including Robert Redford.

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Charlie McDowell is Hollywood royalty. He's the son of Mary Steenburgen and Malcolm McDowell. (The two were married before she wed Ted Danson.) But he's no rich kid cashing in on his parents' success. He's worked hard, and he's co-written and directed two films that show he has a real, uncompromising voice. "The One I Love," starring Elisabeth Moss and Mark Duplass, is a brutally honest (and funny) look at relationships. His latest film, "The Discovery," is about death.

Robert Redford plays a physicist who claims he's scientifically proven the existence of an afterlife. It's not a huge sci-fi film; it's character-driven, set largely at the doctor's remote clinic, where he deals with family members (Jason Segel, Jesse Plemons), staff (Riley Keough) and a mysterious woman (Rooney Mara). And it's another McDowell film that doesn't shy away from gloomy subject matter.

"That's the sandbox me and Justin [Lader], my writing partner, like to play in," McDowell tells us. "We like forcing you to think and feel in ways that you might not be super comfortable doing. The hope is the audience is asking these questions, too — that we all think about these things."

"The Discovery" is more ambitious in scale than "The One I Love." That had only two actors. "The Discovery" boasts a bunch, and one of them is the Sundance Kid.

"I honestly didn't treat Redford any differently than anyone else, even though he's such a godlike figure to me," McDowell says. "It would have been a disservice to him if I thought about that too much."

"The Discovery" offers a very different Redford than we're used to. At first he seems grandfatherly, but we quickly learn he's unstable, unpredictable, maybe even dangerous.

"There were two reasons I wanted Redford," explains McDowell. "One was the movie opens with his character explaining that he's proven the existence of the afterlife. We need to hear it from someone who we believe what they're saying. There are very few actors on the planet that when they say, 'The afterlife exists and I have proven it,' you believe it. Redford is definitely one of those people."

McDowell also wanted to give Redford — an example of unfailing nobility — the chance to try something brand-new.

"I thought it would be really interesting to see darker sides to Redford's performance," he says. He cites one moment halfway through the film, where his character creepily intimidates one of his employees, played by Riley Keough, in front of his entire staff. He makes her cry, at which point Redford — in an unscripted moment he did on the spot — leans in, wipes away the tear and asks her, chillingly, to keep speaking.

"I remember being at the monitor, thinking, 'Oh my god, that is cold.' It almost scared me," McDowell recalls. "I went up afterwards and said, 'Bob that was dark, man.' He was like, 'I know! Was it too much?' I said, 'No, that was great!' It shows that Bob at 80 years old is still trying new things."

The wind cries Mary

Another screen legend McDowell found himself directing was his mom. Steenburgen only has one scene, right at the beginning, and McDowell said he didn't want to treat her any differently either.

"I had to tell myself, 'OK, you can't get too into the idea that you're directing your mom. This is the actress that's doing this scene,'" McDowell remembers. "But I did call her 'Mom' when I went up to give her direction. It would have been very weird to call her 'Mary.' It was totally my mom right there."

In Charlie McDowell's "The Discovery," now on Netflix, Robert Redford plays a scientist who's proven the existence of the afterlife. NETFLIX

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The worst performances of all time on 'The Voice'

From getting "pitchy" with it to being plain boring, our picks for the worst of the great.

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From left: Lindsay Pavao, Cody Belew and Bryan Keith perform on "The Voice." GETTY IMAGES

If you made it past the grueling audition process for "The Voice," chances are you can sing pretty darn well. It's not "American Idol," where some horrendous (but lovable) singers belt their hearts out at the judges table (William Hung).

"The Voice" is about having that earth-shatteringly good, well, voice. But what is it exactly that makes one voice better than another? Is it the technique? Is it the singer's emotional connection to a song? Is it the showmanship? A mix of all these things?

People normally focus on the best performances but we'd like to take a minute to talk about the less than stellar ones.

The following are in no way horrendous, but we would confidently rank them as the worst on "The Voice."

Xenia — "Price Tag"

Xenia was on Season 1 with Blake Shelton as her coach. Given she was only a teenager when she appeared on "the Voice," her rendition of "Price Tag" is all right. However, when judged against the original version by British singer Jessie J, Xenia falls horribly flat. The fun song felt boring. She also sings it a few keys lower than Jessie J, which takes any sort of challenge out of performing it.

Nick Hagelin — "Lost Stars"

On Season 10 of "The Voice," Nick Hagelin performed Adam Levine's song "Lost Stars," starting off pretty strong with a soothing, yet slightly higher-pitched voice. Once he hits the chorus though, things start getting real pitchy. The expressions on the judges' faces say it all — Christina feigning a smile, Adam looking confused, Pharrell grimacing and Blake literally covering his face with his hands. The interesting thing though is they all turned around in approval. I'm sorry, I struggled listening to this all the way through. This singer has a unique sound, but his technique is a little too green and his sound gets annoying the more you listen.

Lindsay Pavao — "Say Ahh"

With this performance, the song should have been called "Say Blah." Vocally, Pavao has a robust set of pipes, but lacks range. She makes up for this by using popular hipster vocal affectations to cover it up. Some call her voice original but every "indie" singer sounds like this now. Secondly, she's not connected with the song. When you don't feel what you sing, it ruins the whole performance.

Cody Belew — "Crazy in Love"

Here's a good rule: Don't perform Beyonce, even if you're a guy. Why? She's Beyonce. No man or woman can match her energy, dance moves or vocal skills. Any sad attempt to mess with Queen B comes off as cheesy. What's with the leather outfit? And performing to a karaoke track? Come on!

His voice is decent but this rendition is downright comical. Feels like a low budget wedding.

Bryan Keith — "Back to Black"

Listening to Bryan Keith from Season 3 is like running five miles with 0.0 incline at the gym. It's a decent workout, but the peaks and valleys are what really make you sweat. Amy Winehouse had so much color to her voice with so many tones to experience as a listener. She let it rip and made you feel. Keith doesn't do that and part of it is because he's too focused on technique instead of feeling what he's singing. Notice you don't get goose bumps when listening.

You can watch videos of all the performances listed at **metro.us/tv**

The first 97 people get to ride Deno's Wonder Wheel for free on Sunday. JIM MCDONNELL

Coney Island fun is back this weekend

Free rides, a classic returns and more virtual reality.

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It may still be a bit brisk out there, but the sounds of carnival rides and the whirring of cotton candy machines will once again fill the air in Coney Island this weekend.

Nathan's Famous is already making hot dogs on the Boardwalk, and the rest of Coney Island will emerge from hibernation this Saturday, April 8, when the rides at Luna Park and Deno's Wonder Wheel open at noon.

The official opening rites take place Sunday, April 9, beginning in Luna Park at 10 a.m. with egg creams from Brooklyn Seltzer Boys, photo ops with Mr. and Mrs. Met, entertainment by local musicians and dance troupes and free rides on The Cyclone for the first 100 people in line.

Next door at Deno's Wonder Wheel Park, catch the traditional Blessing of the Rides ceremony and a ribbon-cutting at 11 a.m., followed by free rides for the 97 early birds in line at the Wonder Wheel (for its 97 years on the Boardwalk).

Opening day will also see the resurrection of a Coney Island staple. Feltman's, the original hot dog vendor that began as a cart in 1867, will return to its original location that opened three years later at Surf Avenue and West 10th Street and closed in 1954. (Nathan Handwerker of Nathan's got his start there.)

While there are no new rides this season, one of Coney's old-school thrills has gotten an upgrade. Luna Park is bringing virtual reality technology onto the hang gliding ride WindstarZ, which half of riders can now experience with a virtual reality headset. This follows last July's opening of Deno's XD Dark Ride, a virtual reality shooting game inside a theater with moving seats and other special effects.

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A recent study from the American Cancer Society of America reveals an increase in colorectal cancer among adults middle-age and younger. ISTOCK

Dylan McKay had a colon cancer scare three years ago. In 2015, a test revealed that Luke Perry, who played the "Beverly Hills 90210" heartthrob in the early 1990s, had precancerous growths. The now-50-year-old actor recently became an advocate for colon cancer awareness in an effort to encourage more Americans to undergo screening at a younger age.

According to gastroenterologist Dr. David Greenwald, who runs the endoscopy center at Mount Sinai Health System, colon cancer is the third-most-common cancer in the U.S. While the most important risk factor for developing the disease is age, a study by the American Cancer Society of America published in February notes a marked increase in colorectal cancers among young and middle-age people. Factoring in age, people born in 1990 "double the risk of colon cancer and quadruple the risk of rectal cancer compared to people born around 1950, when risk was lowest," the ACS says.

We talked to Dr. Greenwald about the upward trend and why being screened is crucial if you're noticing symptoms.

There's been a rise in colon cancer rates among younger people. Why is that significant?
The cause of this alarming rise in cancer in younger individuals is not clear, but the important point is that people under the age of 50 who have symptoms of rectal bleeding, for example, should not mistakenly assume "it's just hemorrhoids," and should seek out appropriate medical attention.

Besides advanced age, what are other risk factors?
Those who are felt to be at increased risk include those with a family history of colorectal cancer or polyps, a known family history of an inherited colorectal cancer syndrome or a personal history of chronic inflammatory bowel disease, such as ulcerative colitis or Crohn's disease.

What are the symptoms?
Blood in the stool, narrower than normal stools, unexplained weight loss, unexplained abdominal pain, unexplained change in bowel habits or unexplained anemia. People with such symptoms should seek out care from a medical professional.

When should people start being screened?
The American Cancer Society recommends average-risk individuals should begin screening at age 50. People felt to be at increased risk often should begin screening earlier than age 50. The American College of Gastroenterology has recommended that colon-cancer screening for African-Americans should begin at age 45.

What does a screening involve?
Colonoscopy is considered the gold standard of colorectal-cancer-screening methods for its ability to view the entire colon and both detect and remove polyps during the same procedure. Other tests are available and include a stool blood test known as fecal occult blood test, stool and DNA testing.

What can you do to avoid colon cancer?
The most important thing is to pick one of the tests and options available in consultation with a health-care provider and get that test done. People are often scared of the tests involved, scared of the results and generally embarrassed by talking about their colon and about stool. One must remember that colon cancer is largely preventable so getting any test done to screen is critical. We always say, "Don't die of embarrassment."

What is the survival rate?
The other good news is that if colon cancer is not prevented but instead is detected in its earliest stages, it is often curable. In fact, the cure rate for early stage colon cancer, which is typically treated with surgery, is over 90 percent. Again, this is another reason to not be scared of screening — it may save your life.

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Jessamyn Stanley doesn't have a stereotypical yoga body, but frankly, that's irrelevant. The 29-year-old self-proclaimed "fat femme" has nearly 300,000 followers on Instagram, where she shares photos of herself mastering the gamut of yoga poses, curves be damned. And forget trendy, reductive buzzwords like "fat yoga"; Stanley believes everyone can benefit from the practice.

In her debut book, "Every Body Yoga," out today from Workman Publishing, the Durham, North Carolina-based yoga instructor shares her own path from depressed teen struggling with body image issues galore, to a young woman who's found a passion and a coping mechanism in her daily practice.

But yoga is a tool, not a cure-all; as she puts it, "your practice will continue to buoy you while your life continues to unfold." With over 50 poses and sequences, the book also serves as a how-to for a yoga novice or anyone who wants to deepen his or her practice. Stanley calls in to talk about how to get started with yoga, why she likes to practice at home and her trick to staying motivated.

How taking yoga selfies helped her body-image issues

When Stanley began photographing herself mid-pose to post online and get feedback from the yoga community, she ended up realizing the "very clear disconnect" between how she sees herself and how she actually exists, she explains.

"In the moment when I'd be in the pose, I'd be like, 'Yes, I'm so strong, I'm connecting with my breath, everything is amazing,'" says Stanley. "And then I'd look at the photos and immediately start talking s— to myself, 'Oh my God, I'm so gross, my neck is so fat.'" Discovering this contradiction has helped her inch closer to a body positive mind-set by realizing that the self-hate is all in her head.

Just get on the mat

Stanley gets that motivation is a fickle mistress. No matter how committed or Type A you are, everybody has days when they feel like skipping out on exercise.

Stanley's advice? Thinking of yoga as a "spiritual practice you need to take care of every day" will help you tackle the hardest part: getting on the mat.

To keep herself accountable, she always leaves hers rolled out, whether at home or in a hotel room, so that there's really no excuse.

Doing yoga at home

If you can't afford to pay $20 a pop for classes at a studio, or you don't have time in your schedule, Stanley recommends practicing at home. For her, it was liberating: "I was free to wear whatever I wanted, hold poses as long as I wanted, and break a lot of rules," she writes.

Stanley herself offers online classes on Cody App; she also recommends yogaglo.com, which offer unlimited classes for $18 a month. Or follow along with "Every Body Yoga," which details sequences of poses to suit a variety of intentions, from "I need to stand strong" (cycling through warrior II, mountain pose, extended triangle pose) to "I want to see the world from another angle" (begins with downward facing dog and ends in a headstand).

How to start your day, take an afternoon break and chill out before bed

Morning warrior II pose: "It reminds you that you're strong, you can literally feel it when you're on the mat. When you go out for the rest of the day, you'll still feel that grounding."

An afternoon forward fold: "Sometimes during the day we just feel like everything is weighing down on us and we can't see anything new. Flip yourself upside down, shake it out, let everything release and then roll back up and you'll feel like a completely different person. You need the jolt. "

Prebed hip opener, the one-legged king pigeon pose: "The stress and tension of our lives gets trapped in our hips and they get really cramped. Some people never empty their hips, and then when they do, it's a very emotional reaction. Just let all of it go. When you're passive like that, it's a very nice introduction to bed."

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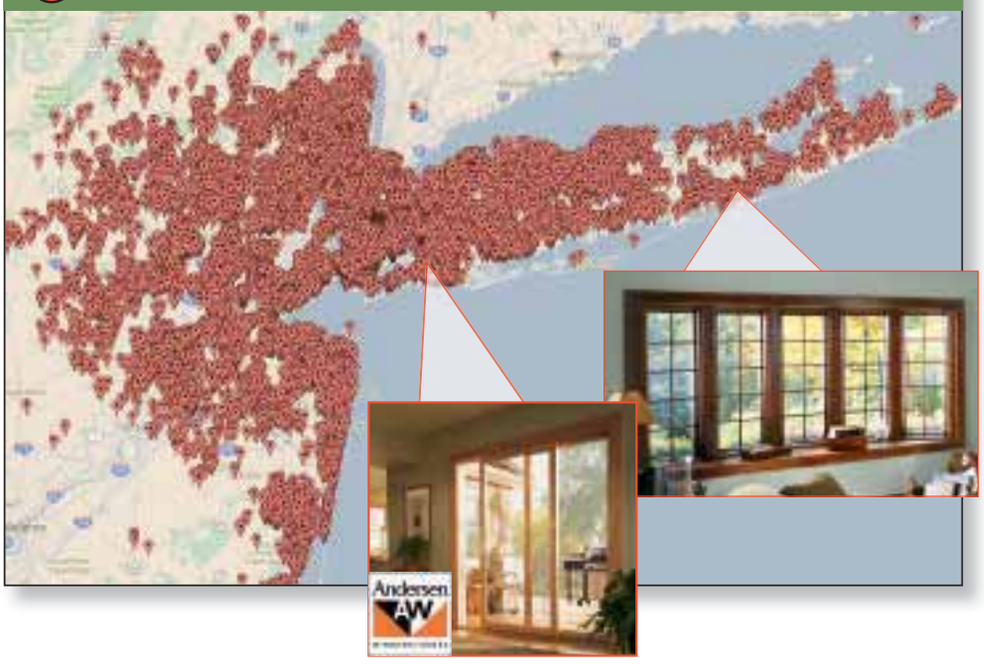

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‘Biggest Loser’s’ Cheryl Forberg says eat your veggies

The nutritionist shares weight loss tips for spring.

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Common sense would tell you to eat less if you’re trying to lose weight, but eating more of the right kinds of foods could be the answer. Cheryl Forberg, registered dietician and nutritionist for “The Biggest Loser,” says one way to shed pounds is by increasing your veggie intake.

Vegetables are very high in water and fiber, but low in calories, so they’re a great way to fill you up and keep you from noshing on junk food and empty carbs, Forberg explains.

Cheryl Forberg PROVIDED

The James Beard Award-winning chef says most Americans aren’t eating even half the amount of daily fruits and vegetables as they should be. She recommends 4 cups a day of mostly veggies — go easy on the fruit, which is high in sugar and calories, and won’t sustain you for long if you eat it by itself, she cautions. Instead, she recommends enjoying a fruit serving with protein, say, full fat Greek yogurt.

Change your daily eating habits

While clearing 4 cups of veggies daily can seem overwhelming, it isn’t if you find different ways to work in greens for breakfast, lunch, dinner and in between.

“A lot of us like to graze on snacks all day; I personally like to keep bowls of vegetables around the house,” she says. “It’s a way of getting that crunch and staying full.”

Another way to increase your servings? “A lot of people think veggies are just for dinner,” she says. “It’s easier to reach your goal if you spread them out throughout the day.” She recommends adding in spinach and tomato to a morning omelette, enjoying crudite with hummus for a morning snack and layering on as many veggies on your lunchtime sandwich or salad as you can.

You should be consuming nearly 4 cups of veggies a day, recommends Forberg. ISTOCK

And don’t forget smoothies. As long as you avoid sweeteners, they’re a very easy way for the greens to go down.

Enjoy a variety of preparations

If munching on raw veggies makes you feel like a rabbit and you’re craving the taste of, say, caramelized carrots and squash, roasting is OK, so long as you don’t overdo it on the salt and oil, Forberg says. And take it easy on starchy, dense root vegetables, like potatoes, which are higher in calories. Instead, eat more low-in-calorie, high-in-water options like leafy greens and tomatoes.

You can tell the health benefits from the look of them. “A lot of antioxidants and vitamins are found in the pigment,” she says, adding that varying the color of your food will ensure you’re consuming a variety of nutrients.

Looking for a veggie fix on your cheat day? Forberg says salsa counts — you heard it here first.

Eat what’s local and seasonal

Forberg, a green thumb herself, says when you eat produce that’s fresh, whether from the farmers market or pulled from your own garden, you know its nutrient ratio is high. The Napa, California, resident is the spokesperson for Seeds of Change, which awards $310,000 in annual grants towards creating 24 sustainable community gardens around the country. Visit seedsofchangegrant.com to learn more about how to start your own.

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DO THE JETS REALLY KNOW WHAT THEY ARE DOING THIS OFFSEASON?

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio. @marcmalusis

Maybe Jets general manager Mike Maccagnan is playing a game of poker. If you're a card player, you know the saying: "Look around the poker table; if you can't see the sucker, you're it." Are the Jets the sucker or are they Doyle Brunson, chip raising and looking to take another stack of chips off the latest sucker? If you are a longtime Jets fan, you would probably bet on the former. But maybe it is time to give the Jets the benefit of the doubt that they are working the system instead of getting worked over by it.

At the scouting combine in Indianapolis, Maccagnan made it perfectly clear the Jets are "open for business" in trading their draft picks for more assets as the team looks at a rebuild in 2017 and beyond. Now, in the world of the NFL and especially the NFL draft, nothing is at it seems. Teams are not going to be up front and honest about whom they like because of the fear of that player being picked before they have a chance to select him. Teams might be more inclined to talk up players they don't like than players they do.

This brings us to the curious case of North Carolina quarterback Mitchell Trubisky, who seems to be a quarterback prospect that has drawn the interest of the Jets. It was reported in the Daily News in December that they were quite smitten with him. They saw him in Indianapolis and at his pro day in Chapel Hill and even had a private workout in North Carolina as well. Does this mean anything one way or the other? No, not really. It means they have an interest and are doing their due diligence as they hold the sixth overall pick in this month's draft. But if they end up making that selection, they need to know and not think they know.

UNC quarterback Mitchell Trubisky is on the Jets' draft-day radar. GETTY IMAGES

When Jets head coach Todd Bowles said there was a scenario in which the Jets drafted a quarterback with the sixth overall pick, it certainly raised a lot of eyebrows in this area. After all, they drafted Penn State signal caller Christian Hackenberg with a second-round pick in last year's draft. But maybe if we connected what Maccagnan said in early March at the scouting combine and what Bowles said in late March at the owners meetings in Phoenix, we have a clearer picture of the direction of the Jets organization. In order to facilitate a trade, you might need to create a market, and maybe the Jets in doing their due diligence on Trubisky are also creating a market for which they can trade. Maybe, just maybe, the Jets are Doyle Brunson at the poker table of the NFL draft. Maybe they are trying to create a market place for Trubisky and then trade down for more picks. In order to do that, they must bluff the rest of the NFL.

For argument's sake, if the Jets end up drafting Trubisky, they must be 100 percent sure that he is the quarterback to lead the franchise for the next 10 to 12 years. He is expected to be the first quarterback selected and is ranked as the best quarterback prospect by most scouting services even if he only made 13 college starts. With that being said, there can be no guessing game after the investment they made a year ago with the second-round choice of Hackenberg.

I know this might be a difficult thing to do, but I am willing to give the Jets the benefit of the doubt and will believe they are playing the game correctly. They are getting as much information as they possibly can in order to use their selection in the best way possible. Every year, there is a sucker in the NFL draft — just ask the Cleveland Browns — an organization that trades multiple assets to move up in the draft. Maybe the Jets are trying to facilitate the market for a strong-armed signal caller.

Look around the poker table; if you can't see the sucker, you're it. The Jets have been the sucker before. They have been an easy read at the game of poker that is the NFL draft. Later this month, they can't afford to be again. Draft day must be a win for Gang Green and it starts with the sixth overall pick.

Islanders are facing likely elimination with four games left

The New York Islanders' backs are up against the wall and it looks like there is no escape barring a miracle.

With 86 points through 78 games, New York was five points back of the final Eastern Conference playoff spot entering Monday night despite a 4-2 win over the Buffalo Sabres on Sunday.

As a team that once controlled its own destiny by holding the No. 8 seed in the East, Brooklyn's club endured a 10-game stretch in which it collected just seven points.

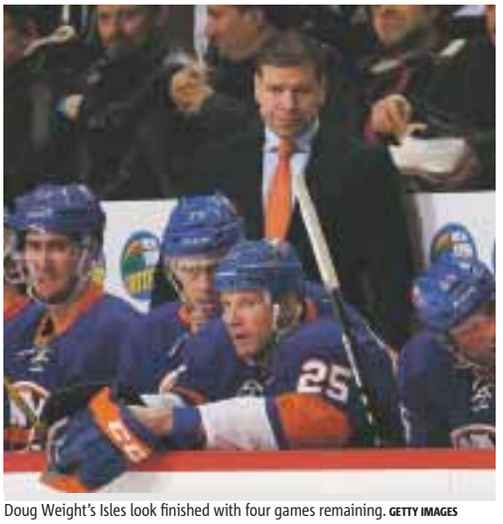
The defense looked lost and the goaltending couldn't do much better, allowing an average of almost four goals per game during that span.

The Islanders have stabilized since then with two-straight wins, but they came at a supreme cost.

During the third period of a 2-1 win against the New Jersey Devils one day after they were embarrassed, 6-3, by the Philadelphia Flyers, John Tavares suffered a hamstring injury that will likely sideline him for the rest of the season.

As their captain and superstar, Tavares is the engine that makes the Islanders go, leading the team with 28 goals and 38 assists for 66 points.

Without him available for each of New York's final four must-win games, the postseason seems like an unreachable destination this season.



Doug Weight's Isles look finished with four games remaining. GETTY IMAGES

Two of those final four are against teams currently holding a playoff spot in the Nashville Predators on Tuesday night and Ottawa Senators on April 9. Another is opposite a Carolina Hurricanes team that sits just two points back of New York in the Eastern Conference standings.

Wins in their last four would put the Islanders at 94 points, but they would need a lot of help in order to squeak into the postseason.

The Ottawa Senators and Toronto Maple Leafs continue to battle for the No. 3 seed in the Atlantic Division while the Tampa Bay Lightning are two points ahead of the Islanders as well.

It's unlikely that three teams will endure such a heinous slump given the urgency that this time of year brings.

It might be logical for those around the organization to start preparing for the offseason and finding more support on the blue line and for the recovering Tavares despite Anders Lee's 31-goal season and the sudden emergence of young winger Josh Ho-Sang.

JOE PANTORNO

Sabathia gets ball for Yankees after Masahiro Tanaka disaster

Surprising No. 2 starter must provide depth to Yanks' rotation.

JOE PANTORNO
@JoePantorno
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Even though it's the second game of the year, C.C. Sabathia's start is an important one for the Yankees. GETTY IMAGES

If New York Yankees fans were looking toward Masahiro Tanaka to provide an opening, steady presence from the starting pitching staff, they were hit with a ton of bricks on Sunday.

Believed to be the one true ace in New York's rotation that contains much uncertainty beneath him, Tanaka was tagged for seven runs in 2.2 innings during the Yankees' Opening Day loss to the Tampa Bay Rays.

It was the shortest Opening Day start by a Yankee since Ron Guidry in 1983 and doomed New York to a sixth-straight introductory loss, the longest streak in franchise history.

If a Rays team considered to be an afterthought in the AL East could knock around New York's star arm like that, just imagine the rest of the rotation.

Behind Tanaka, the Yankees have just three other starters in C.C. Sabathia, Michael Pineda and Luis Severino seeing as they don't need a No. 5 man until Apr. 16.

The support system for Tanaka in the rotation isn't exactly a sturdy one, either. In the past two years, the trio of Sabathia, Pineda and Severino has combined for a 41-55 record.

Sabathia will get the ball next on Tuesday in St. Petersburg where he will attempt to shake off a disastrous final start in spring training. Pitching for Triple-A Scranton /Wilkes-Barre on Thursday, Sabathia allowed eight runs, three of them earned, on nine hits in just four innings.

If there was a positive to take out of it, it was that he looked healthy after a daunting two-year stretch that included checking into rehab during the 2015 season and undergoing knee surgery after 2016.

The 36-year-old's velocity isn't what it used to be considering he averaged over 94 mph on his fastball during his first season with the Yankees in 2009. Last year, his heater averaged around 90, per FanGraphs.

But his WHIP has decreased steadily since 2014 from 1.48 to 1.32 last year, his lowest mark since 2012.

Looking ahead to Tuesday night, Sabathia has seen mediocre success against the Rays during his career. In 41 starts, he is 14-14 with a 3.83 ERA and his 38 home runs allowed are his most against any team in the majors.

A large roadblock for him in the Rays' lineup is third baseman Evan Longoria, who has owned Sabathia throughout his career with a .452 average alongside three home runs and nine RBIs in 42 at-bats.

Longoria already took Tanaka deep on Opening Day and has a chance to spark the Rays to a pair of early, somewhat unlikely wins against their division rivals.

It will be up to Sabathia to stymie any sort of Tampa momentum and put Yankee minds at ease that the pitching staff has some semblance of depth.

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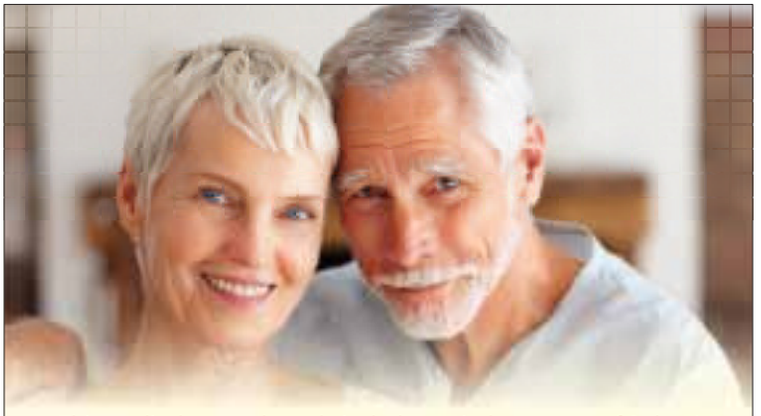

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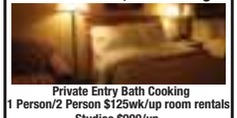

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15 Waterloo resident
16 Gluck of opera
17 Orchard product
18 Editor's change
20 Strode to and fro
22 Web-footed animals
23 At great cost
25 Sloth's hangout
26 Lakeside rental
27 Happy sighs
28 Falling-out
32 Unwelcome obligation
33 Blender button
35 Kind of salad
36 Ceiling
37 "She Done -- Wrong"
38 Arith. term
39 Uno y dos
41 Road flare
43 Lockbox document
44 Just average (hyph.)
45 "We -- not amused"
46 Shiny
48 Funny Imogene
50 Where beaches abound
51 Coach Knute --
54 Copies
55 Not to be trusted
57 Yen
61 Get by effort
62 Boneless fish
63 Urn homophone
64 Dross
65 Paddock youngsters
66 Viking letter

Down
1 Matterhorn
2 Paris street
3 Gulf st.
4 Outshine
5 Man's accessory (2 wds.)
6 Comfortable
7 Ran up a tab
8 Tokyo honorific
9 Approve
10 Most calory-rich
11 -- Wiesel
12 Julio's love
13 Makes into leather
19 Wolfed down
21 Indiana Jones quest
23 "Mad Dog and Glory" star (2 wds.)
24 Chopin wrote dozens
25 Subject
26 Nasty shocks
27 Hop out of bed
29 Least ruddy
30 Gateway
31 Winter quaff
34 Lieutenant under Kirk
40 Walloping
41 Hockey game start (hyph.)
42 "Me" types
43 Spy's file
47 Chocolate-colored dog
49 Que. neighbor
50 Harsh, plus
51 Tpks.
52 Spoken
53 Irene of "Fame"
54 Mixer for rum
56 Guanabara Bay port
58 Play about Capote
59 MSNBC rival
60 Start of a bray

metro.us/sudoku

easy

		9	4				7	2
		2		9	7		4	1
	3		1					
8		6	9			5		
				8				
		4			6	7		3
					1		3	
2	6		8	4		1		
7	5				2	4		

hard

8		5						
			1	4		5	7	
	4	1		8		3		
	5		2		6			
2		9				1		5
			4		5		2	
		7		5		4	3	
	8	2		7	4			
						9		7

metro.us/horoscopes

Aries If you desire change, you need to start within. Look for a simple alternative rather than make a big splash. Excess of any kind will be detrimental.

Taurus You will get a push from someone anxious to see you make a decision. Don't act hastily when dealing with matters. Protect against emotional misunderstandings.

Gemini When dealing with investments and negotiations, you need to slow down, tame your emotions and avoid making an impulsive move you will live to regret.

Cancer You'll be led astray by someone from your past. Don't trust someone with your cash, ideas or valuable possessions. Common sense will help eliminate loss.

Leo Don't let the words or actions of others disrupt your plans. Follow through with your intentions. It's what you do, not what you say, that will have the biggest impact.

Virgo Don't put up with anyone trying to separate you from your money. If changes are required, find an efficient way to move forward. Stick to a set budget.

Libra Observe how others treat you and look over any contracts you have with individuals that are falling short of your expectations. Don't live beyond your means.

Scorpio Taking part in challenging activities will be gratifying, but old injuries must be treated cautiously. Know your limitations and win without jeopardizing your health.

Sagittarius Overpaying to compensate for someone else's mistake should not be considered. Offer suggestions, but don't try to fix things on your own. Protect your assets.

Capricorn Refuse to get involved in situations that go against the way you do business. If you don't like the way things are being done, walk away or change the format.

Aquarius If you work hard and stick to your plan, what you accomplish will be yours and yours alone. Don't share personal information. An unexpected bill will set you back.

Pisces You've got the right idea, so don't let anyone mess with your plans. Avoid people showing signs of unpredictable behavior. Protect the people you love. EUGENIA LAST

Yesterday's answers

	A	P	B		Z	O	N	E	D		I	V	Y	
I	G	O	R		A	M	I	D	E		V	I	A	L
S	H	U	I		P	A	N	E	L		O	G	R	E
M	A	R	T	I	A	N		N	E	U	R	O	N	S
			A	N	T	I	C		T	H	I	R	S	T
D	E	S	I	C	A		A	N	I	S	E			
H	Y	E	N	A		E	B	O	N		S	W	I	G
O	R	A		S	T	R	I	N	G	S		H	A	H
W	E	T	S		W	A	N	E		C	L	I	N	E
			W	R	I	T	E		C	O	A	R	S	E
R	E	G	A	I	N		T	A	L	O	N			
A	I	R	M	A	S	S		R	A	T	T	L	E	D
H	E	A	P		I	T	E	M	S		E	E	L	S
S	I	D	E		Z	E	R	O	S		R	E	S	T
	O	E	D		E	M	E	R	Y		N	R	A	

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